



WHAT IS AEROBIC EXERCISE?

Aerobic exercise means using large muscle groups in repetitious movements briskly enough to elevate your heart rate to 60-80% of it's maximum and maintain it for 20 minutes or more. **(To find your maximum heart rate subtract your age from 220 and multiply by .6 and .8 to determine your range.)** Aerobic activities include walking, biking, swimming, aerobic dance and cross-country skiing.

Aerobic means with air or oxygen so you should be able to talk briefly while you are exercising, although you shouldn't be able to sing. Gasping would be an indication that you are working anaerobically and probably outside your target range.

Conditioning of the heart and lungs by aerobic activity increases the amount of oxygen available to the body. The strengthened heart muscle pumps blood (and oxygen) more efficiently. Other benefits include: weight control, increased energy, better muscle tone, less stress, better sleep, mood improvement, and better overall stamina.

Staying in your target zone is important. Vary your activities to prevent boredom but be consistent in doing something 3-5 times a week. If you stop exercising you will only maintain your fitness level about three weeks and it will take you three times longer to regain it!

Being fit is a lifestyle—maintain it and enjoy it!
For more exercise info check out this [site](#).